Woman lifting dumbbells at sunrise

Sized for a 6 inch hoop (15 cm). The stitched design is about 4.5 × 4.6 in (11.4 × 11.7 cm).



Which color goes where: by number on page 2.

Stitch in this order

Filled parts from the back of the picture forward, then lines, loops and knots.

1. **Long and short stitch**, 2 strands
   Back and arms, leggings, training top, silver hair, pampas plumes, bunny tails
2. **Satin stitch**, 2 strands
   Waistband, dumbbells, wristbands, ears, silver braid, braid tie, grass blades
3. **Running stitch**, 4 to 6 strands
   Sun
4. **Stem stitch**, strands by part on page 2
   Horizon, leggings seam, back lines, top edges, knuckles, grass stems
5. **Split stitch**, strands by part on page 2
   Back lines, leggings edge, arm lines
6. **Straight stitch**, strands by part on page 2
   Knuckles, silver braid, wheat
7. **Lazy daisy stitch**, 2 strands
   Wheat

Floss

- **1 DMC 783 Medium Topaz** Sun (middle), wheat (darker)
- **2 DMC 3820 Dark Straw**
  Sun (lightest), wristbands and earrings, wheat (lighter)
- **3 DMC 402 Very Light Mahogany** Sun (light), top edges
- **4 DMC 356 Medium Terra Cotta** Sun (dark)
- **5 DMC 3830 Terra Cotta** Sun (darkest), horizon
- **6 DMC 801 Dark Coffee Brown** Back and arms (dark)
- **7 DMC 898 Very Dark Coffee Brown**
  Back and arms (darkest), arm lines, back lines and knuckles
- **8 DMC 433 Medium Brown** Back and arms (light), ears
- **9 DMC 3371 Black Brown** Leggings (darker), leggings edge
- **10 DMC 154 Very Dark Grape**
  Leggings (lighter), training top (dark)
- **11 DMC 3834 Dark Grape** Training top (middle), waistband
- **12 DMC 3835 Medium Grape** Training top (light), leggings seam
- **13 DMC 414 Dark Steel Gray**
  Silver braid and silver hair (dark), dumbbells (light)
- **14 DMC 3808 Ultra Very Dark Turquoise** Dumbbells (dark)
- **15 DMC 3809 Very Dark Turquoise** Dumbbells (middle), braid tie
- **16 DMC 434 Light Brown** Back and arms (lightest)
- **17 DMC 415 Pearl Gray** Silver hair (light), silver braid (middle)
- **18 DMC 318 Light Steel Gray** Silver hair (middle)
- **19 DMC 762 Very Light Pearl Gray** Silver braid (light)
- **20 DMC 420 Dark Hazelnut Brown**
  Grass blades and pampas plumes (dark), grass stems (darker)
- **21 DMC 3052 Medium Green Gray**
  Grass blades (light), grass stems (lighter)
- **22 DMC 3051 Dark Green Gray** Grass blades (darkest)
- **23 DMC 422 Light Hazelnut Brown**
  Pampas plumes (middle), grass blades (lightest), bunny tails (darker)
- **24 DMC 739 Ultra Very Light Tan**
  Pampas plumes (light), bunny tails (lighter)

Stitches, continued

8. **French knot**, 2 strands, two wraps
   Earrings

Three ways to transfer the pattern

1. **Fabric you can see through**
   Tape page 3 to a sunny window or lay it on a light box, tape the fabric over it and trace the lines with a sharp pencil or a water-soluble pen.
2. **Fabric you cannot see through**
   Lay dressmaker's carbon paper colored side down on the fabric with page 3 on top, tape the layers and trace the lines firmly with a ballpoint pen.
3. **Iron-on: the lines stay**
   Go over the lines of page 4, the mirrored page, with an iron-on transfer pen, lay it ink side down on the fabric and press with a dry iron, as the pen's packet says.

Pages 3 and 4 are the pattern at actual size. Print them at 100% with scaling turned off. Then put the fabric in the hoop: inner ring under, drawing up, tight as a drum.

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6 inch hoop

How to read it

Floss is six strands. Cut 18 inches (45 cm), pull out the number given one at a time, and lay them together.

Inside a filled shape start with two or three tiny stitches, which the filling covers. Start a line with a small knot on the back. End each thread by running the needle under the backs of a few stitches.

Each small ring is one French knot. Each small loop is one lazy daisy: come up at its point. A dashed line is running stitch. A fine broken line inside a shape is where two shades meet: trace it, do not stitch it.

A number on the picture is a color of the list of floss on page 1. The fine lines on the colors show which way the stitches lie.

Every stitch in pictures: flossfield.com/embroidery/stitches. The first time: flossfield.com/embroidery/guides/how-to-start.



1	DMC 783 Medium Topaz	9	DMC 3371 Black Brown	17	DMC 415 Pearl Gray
2	DMC 3820 Dark Straw	10	DMC 154 Very Dark Grape	18	DMC 318 Light Steel Gray
3	DMC 402 Very Light Mahogany	11	DMC 3834 Dark Grape	19	DMC 762 Very Light Pearl Gray
4	DMC 356 Medium Terra Cotta	12	DMC 3835 Medium Grape	20	DMC 420 Dark Hazelnut Brown
5	DMC 3830 Terra Cotta	13	DMC 414 Dark Steel Gray	21	DMC 3052 Medium Green Gray
6	DMC 801 Dark Coffee Brown	14	DMC 3808 Ultra Very Dark Turquoise	22	DMC 3051 Dark Green Gray
7	DMC 898 Very Dark Coffee Brown	15	DMC 3809 Very Dark Turquoise	23	DMC 422 Light Hazelnut Brown
8	DMC 433 Medium Brown	16	DMC 434 Light Brown	24	DMC 739 Ultra Very Light Tan

How many strands

Stem stitch. 4 strands: horizon; 2 strands: back lines, top edges, knuckles, grass stems; 1 strand: leggings seam.
Split stitch. 2 strands: leggings edge; 1 strand: back lines, arm lines.
Straight stitch. 3 strands: knuckles; 1 strand: silver braid, wheat.

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6 inch hoop

Print at 100% and check the square below with a ruler. Fold the fabric in four: the folds meet the four ticks of the ring.



1 in
25.4 mm

Check square: 1 inch (25.4 mm) on each side.
If it measures anything else, print again at 100% with scaling off.

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6 inch hoop

Mirrored. Trace this page with an iron-on transfer pen or pencil, then press it ink side down on the fabric.



1 in
25.4 mm

Check square: 1 inch (25.4 mm) on each side.
If it measures anything else, print again at 100% with scaling off.

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